

Convito Market Prepared Foods

MEAT, FISH, POULTRY

2025 update

All items subject to availability. Prices subject to change.

GUIDE: VEGT=vegetarian / VGN=vegan / DF=dairy free / GF=gluten free / SEAS=Seasonal

Any items can be pre ordered following minimum guidelines. (4lb, or inquire for details on specialty items)

Meat

Beef Bourguignon: bacon, garlic, carrots, pearl onions, red wine, mushrooms 21.99# GF
Grandma's Meatloaf: organic grass-fed beef, onions, pancetta, carrots & celery; tomato BBQ glaze 14.99#
Harvest Budino eggs, parmesan, cream, butternut squash, prosciutto, leeks, gruyere 15.99# GF
Harvest Sausage: with apples & fennel 15.99# GF DF SEAS
Italian Sausage with Broccoli & Potatoes 15.99# GF DF
Lentil & Sausage Stew with Kale 15.99# GF DF
Meatballs alla Convito: beef, pork, egg, spinach, pank, milk, breadcrumbs 14.99#
Meatloaf Marsala spinach stuffed beef & pork meatloaf with mushroom marsala sauce 14.99#
Pot Roast 21.99# GF DF
Rindsgulasch: Italian version of Hungarian gulasch: beef, carrots, celery, onions, paprikash 21.99# GF DF
Swedish Meatballs: beef & pork meatballs in natural jus 14.99#
Zucchini Boats with sausage ragu, mozzarella, parmesan 13.99# GF

Fish

Salmon Filet of the day 26.99# Lemon-Dill / Teriyaki Glaze* / or with following relishes: Corn-Tomato-Scallion / Red Pepper-Scallion, Kalamata Olive / Orange-Sesame-Ginger / Tomato-Spinach-Olive-Red Onion / Tomato-Basil-Oranges-Orange Zest-White balsamic & Olive Oil all DF GF, except *

Whitefish of the Day Lemon Dill OR Salsa w/ red & yellow tomatoes, basil, kalamata olives, scallions, olive oil 27.99# both GF DF

Riso Marco Polo: shrimp, rice, peas, red & yellow peppers, red onion, turmeric, cumin, paprika, olive oil, lemon 23.99# DF GF

Poultry *we use local, free range, antibiotic free chicken from Harrison's farms All \$17.50#

Alsation Chicken: (chicken leg-thigh) with roasted potatoes, wine, olive oil, rosemary, lemon GF DF

BBQ Chicken Breast DF GF

Chester's Savory Grilled Chicken chicken breast, soy, worcestershire, dijon, herbs & spices DF

Chicken Divine: (chicken leg-thigh) with figs, green olives, capers, oregano; red wine sauce GF DF SEAS

Chicken Greco Greek inspired chicken legs, oregano, capers, olives, onions, light tomato sauce GF DF

Chicken Impressivo: chicken breast, capers, white wine, olive oil, garlic, parsley & rosemary GF DF

Chicken Cacciatore: tomato sauce, onion, garlic, mushrooms, rosemary, sage, red wine GF DF

Chicken Calabrese: (chicken leg-thigh), potatoes, fresh tomatoes, onion, garlic, oregano, parsley, GF DF

Chicken Marsala: chicken breast, with mushrooms & marsala sauce GF DF

Chicken Piemonte artichoke, spinach, prosciutto, fontina, creamy artichoke sauce GF

Chicken Parmesan Deluxe: chicken breast topped with tomato basil sauce, melted mozzarella, parmesan, herbs

Chicken Provençal: chicken breast, tomatoes, kalamata olives, capers, onion, garlic, olive oil, balsamic vinegar GF DF

Citrus Grilled Chicken lemon, lime, orange, soy, champagne, thyme, lemon pepper DF

Honey Soy Baked Chicken thighs, legs, scallions, garlic, white wine, sesame oil, ginger, parsley DF

Lemon Ginger Chicken paprika, brown sugar, olive oil, garlic GF DF

Ligurian Chicken: chicken breast, sun dried tomatoes, tomatoes, olive oil GF DF

Mediterranean Chicken: grilled chicken breast; tomato & kalamata olive sauce GF DF

Malaysian Chicken orange zest, soy, olive oil, thyme DF

Parmesan Chicken: chicken breast encrusted in breadcrumbs, parmesan & herbs

Pesto Chicken Caprese: chicken breast topped with grape tomatoes, fresh mozzarella & pesto GF SEAS

Pollo Fiesta: chicken stew with peppers & tomato GF DF

Rosemary Balsamic Chicken: chicken breast, thyme, garlic, dijon DF GF

Summer Grilled Chicken tomato, thyme, basil, tomato paste, wine SEAS

Stuffed Turkey Loaf: with spinach & mozzarella 14.99#

Tuscan Chicken tomato cream sauce, garnished with spinach & fresh tomatoes

Thai Half Chicken DF 9.99ea

Turkey Boule: round turkey meatloaf with red wine demi glace 14.99#

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PASTA, PIZZA

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LASAGNA

VEGETARIAN

Garden Fresh: zucchini, carrots, scallions, broccoli, tomato basil sauce, ricotta, mozzarella, parmesan

Spinach Mushroom: mushrooms, spinach, tomato basil sauce, ricotta, mozzarella, parmesan

Tre-Colore: cauliflower, carrots, spinach, thyme, bechamel sauce

Classic Cheese: mozzarella, ricotta, parmesan, mascarpone, tomato basil sauce

MEAT

Mama Mia: meat sauce (pork & beef), tomato basil sauce, mozzarella, ricotta, parmesan, parsley

Bolognese: (pork & beef) sauce, bechamel, parmesan, parsley

Calabrese: classic recipe from Italian deep south - sausage ragu, carrots, celery, prosciutto, mushrooms, artichoke heart, hard-boiled eggs, tomato basil sauce, mozzarella, parmesan

Grandma's: spinach, roasted red peppers, ricotta, tomato basil sauce, mama mia meat sauce (pork & beef), mozzarella, parmesan

Foresta: spinach, hearty mushroom sauce, (mushrooms, prosciutto, carrots), fontina cheese, prosciutto, parmesan

Rustica: thinly sliced potatoes, sausage ragu, mozzarella, parmesan

Country: tomato basil sauce, sausage ragu, red peppers, mushrooms, mozzarella, parmesan

Mediterranea: chicken breast, green olives, tomato basil sauce, mozzarella, parmesan

OTHER PASTA

Cannelloni Classico: pasta rolls filled with ricotta, mozzarella; tomato basil sauce VEGT

Country Cannelloni: chicken, mushrooms, spinach, ricotta, mozzarella, parmesan; tomato cream sauce

Cannelloni Bolognese: pasta rolls filled with ricotta, mozzarella, parmesan; bechamel & bolognese meat sauce

One Pot Orzo Primavera asparagus, grape tomatoes, peas, lemon zest, parmesan, cream VEGT

All lasagna and stuffed pasta \$13.50-\$14.99 lb

INDIVIDUAL TINS

Mac & Cheese: creamy macaroni with cheese & breadcrumbs 10.99ea VEGT

Nonna's Baked Penne: meat sauce, mozzarella, ricotta, parmesan. 13.99ea

Turkey Tetrazzini: carrots, celery, onions, mushrooms, peas, wine, cream cheese, parmesan 13.99ea

Chicken Pot Pie: white meat chicken, carrots, celery, onions, peas, creamy béchamel, puff pastry 14.50ea

PIZZA

Mini Pizzas (in the freezer section with other selection of hors d'oeuvres) See catering menu for prices.

Pizza Margherita Pizza • Sausage Pizza • Pepperoni Pizza • Spinach Mushroom

\$11-16.5 small & large

FRESH PASTA

We make a variety of semolina based fresh pasta extruded from our pasta machine imported from Italy.

You can order these and boil at home. We have over 20 frozen sauces to match with them.

Fusilli, Spaghetti, Fettuccine 8.99#

If you are interested in Convito making the pasta and sauce and you heat up at home, see our catering menu.

**tortellini and ravioli also available frozen, or Convito can prepare with sauce.*

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POTATOES, GRAINS, LEGUMES

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Potatoes

Country Potatoes: with cabbage & mushrooms, olive oil 13.99# VGN DF GF SEAS

Parmesan Mashed Potatoes: 12.99# VEGT GF

Potato Cassoulet: shredded potatoes with parmesan & mozzarella 12.99# VEGT GF

Potato Gratin: cream, gruyere 14.99# VEGT GF

Roasted Rosemary Potatoes: with olive oil 12.99# VGN DF GF

Roasted Comfort Potatoes: with paprika, onions, scallions, parsley, olive oil 12.99# VEGT GF SEAS

Sunshine Potatoes: with roasted lemon, tomatoes, kalamata olives, garlic, sage & parsley 13.99# VGN GF DF

Sweet Potato Wedges: with honey, maple syrup, olive oil & rosemary 11.99# GF DF

Twice Baked Potatoes: with cheddar & bacon 13.99#

Yukon Gold Potato Mix: with organic spinach & leeks 13.99# VGN DF GF

Grains

Brown Rice Almondine: with olive oil, lemon 12.99# VEGT GF

Farro: farro, asparagus, kale, parmesan 14.99# VEGT

Funghi-Farro: mushrooms, farro, caramelized onions & extra virgin olive oil 14.99# VGN DF

Harvest Rice Medley: wild rice, brown rice, butternut squash, sun-dried cherries 13.99# VEGT GF DF

Jeweled Israeli Couscous: a semolina pasta with dried cherries, golden raisins, almonds, mint & extra virgin olive oil 13.99# VEGT

My Fair Farro: farro, fennel, onions, garlic, sweet potatoes, apples, sun dried cherries, cider vinegar, olive oil 14.99# DF VGN SEAS

Risotto Cakes of the Day 12.99#

Legumes

Chickpeas & Kale: onions, lemon zest, olive oil 13.99# VGN DF GF

Lentils: leeks, carrots, olive oil, spinach, grain mustard 13.99# VGN GF DF

Lentils & Leeks: with olive oil, parsley & crispy onions 13.99# VGN DF

Mediterranean Lentils: shallots, tomatoes, spinach, basil, parsley, mint, lemon, olive oil 14.99# VGN GF DF

Quintessential Quinoa Cakes: white beans, kale, eggs, lemon, garlic & ginger 14.99# DF VEGT

Summer Rice Pilaf: with summer squash, peas & mint 14.99# GF SEAS

Winter Rice Pilaf: with leeks, carrots & peas 13.99# GF SEAS

White Beans Toscana: with tomatoes, garlic, onions & sage 12.99# VGN GF DF

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Convito Market Prepared Foods

VEGETABLE DISHES

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Acorn Squash of the day 13.99# SEAS
Balsamic Grilled Vegetables 14.99# VGN DF GF
Bellissimo Butternut butternut squash, kale, almonds, olive oil 13.99# GF DF VGN SEAS
Butternut Squash Gratin: with gruyere, leeks, tomatoes 13.99# VEGT GF SEAS
Broccoli & Caramelized Onions 12.99# VGN DF GF
Broccoli Arancia: with garlic, orange & sesame 12.99# VGN DF GF
Broccoli, Green Beans & Carrots 13.99# VGN GF DF
Brussels Sprouts with garlic & olive oil 14.99# VGN DF GF
Brussels Sprouts roasted with prosciutto 14.99# GF DF
Roasted Brussels Sprouts Piquante: olive oil, balsamic vinegar, honey, ginger, sriracha chili sauce 14.99# VEGT GF DF
Carrots Casablanca: cumin, paprika, garlic, lemon & parsley 12.99# VGN DF GF
Corn, Tomato, Peapod Succotash 13.99# VEGT GF DF SEAS
Honey Glazed Carrots: 12.99# VEGT DF GF
Roasted Cauliflower: dijon, tarragon & olive oil 12.99# VGN DF GF
Cauliflower Parmigiana: encrusted with breadcrumbs & parmesan 12.99# VEGT
Eggplant Parmigiana: eggplant, mozzarella, parmesan & tomatoes; tomato basil sauce 13.99# VEGT
Eggplant Napoleon: tomato basil sauce, mozzarella 13.99# VEGT
Grandma's Corn Budino: corn, sour cream, eggs, country bread cubes 13.99# VEGT SEAS
Green Beans: with garlic & bacon 12.99# DF
Green Beans Almondine: with parmesan 12.99# VEGT GF
Haricots Verts & Crispy Onions: olive oil 13.99# VGN DF
Mushroom Portobello: stuffed with mozzarella & tomato basil 13.99# VEGT GF
Mushrooms Parmigiano: mushrooms baked with parmesan 13.99# VEGT
4 P's peas, peapods, pancetta, parmesan 13.99# GF
Parmesan Encrusted Asparagus flour, breadcrumbs, eggs 12.99# VEGT
Peas & Prosciutto 13.99# GF DF
Peppers: roasted red & yellow peppers, onion & basil 12.99# VGN DF GF
Spinach Parmesan Cakes 12.99# VEGT GF
Spinach & Cheese Dumplings 12.99# VEGT
Vegetable Stacks: eggplant, zucchini, bell peppers, tomato, parmesan, mozzarella, breadcrumbs; tomato sauce 13.99# VEGT
Winter Budino: cream, eggs, butternut squash, leeks 15.99# GF
Zucchini, Tomato, Onion Sauté: 12.99# VGN DF GF
Zucchini, Corn, Parmesan 12.99# VEGT GF SEAS

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